

**Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Canceled).

2. (Currently amended) The method of claim 7 wherein said composition is administered intranasally over a period of about five to fourteen days and then discontinued, providing at least many weeks worth of continuing pain diminishment thereafter.

3. (Cancelled).

4. (Currently amended) The method claim 6 9 wherein said composition is administered topically to the skin over a short period of about two weeks to several months and then discontinued, providing at least many weeks or months worth of continuing pain diminishment thereafter.

5. (Cancelled).

6. (Cancelled).

7. (Currently amended) A method of providing relatively long term diminishment of pain from headaches comprising

(a) intranasally administering over a period of about five to fourteen days a composition of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001 % to 1% (weight/weight) in a pharmaceutically acceptable vehicle, to achieve diminishment of pain,

(b) discontinuing said treatment of step (a) for a period of at least about three to six weeks, at least some diminishment of pain continuing through this period, and

(c) repeating the treatment of steps (a) and (b) upon the return of the pain.

8. (Canceled).

9. (Currently amended) A method of providing relatively long term diminishment of pain ~~form~~ from arthritis, neuralgia, or neuropathy comprising

(a) topically administering over a period of about two to four weeks a composition comprising

civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001% to 1% (weight/weight) in a pharmaceutically acceptable vehicle, to achieve diminishment of the arthritis, neuralgia or neuropathic pain,

(b) discontinuing said treatment of step (a) for a period of at least about two to four months, at least some diminishment of pain continuing through this period, and

(c) repeating the treatment of steps (a) and (b) upon the return of the pain.